

1966

# Creative Cook Book

Jo Ann Girton

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TITLE PAGE

Title page —

Title page (Title-Creative Cook Book, Author-Jo Ann  
Girton, Candidate for the Master of Fine Arts in the  
College of Fine and Applied Arts of the Rochester  
Institute of Technology. Date of Submission-March,  
1966 and Advisers Name-Mr. Barchel.))

DEDICATION

81405

7/7/16

Dedication

Dedication:

To my Dad for his kind understanding and strong  
will.

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Illustrative Material:

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Varityper

Headliner

Finished Cookbook

STATEMENT OF PURPOSE

Statement of Purpose

I. Purpose of the Thesis:

I purpose to design a contemporary esthetic cookbook incorporating my father's and my own recipes.

II. Scope of the Thesis:

1. I shall work in conjunction with my father on the recipes.

2. I shall incorporate my personal recipes.

3. I shall make a study of existing cookbooks for design.

4. I shall experiment in different paper stocks to be used.

5. I shall try, if possible, to design several contemporary symbol.

6. I shall present a printed cookbook with rich designs.

III. Procedures:

1. I shall perform all of the above, allowing set time for research and execution.

2. I shall keep an accurate record of the procedures and report them in the Thesis Report.

IV. Alternative Proposals:

1. To design lesson plans for a Freshman design class.

2. To design a booklet for a summer camp.



SCOPE OF THE THESIS

Scope of the Thesis



Working with Dad proved to be very interesting, as well as educational. He had a unique measuring system consisting of handfuls, pinches and dabs. I think his measuring system made my project more enjoyable.

Without further delay, I will explain my Dad's professional background. He has been a cook and baker for thirty-six years. He learned as a boy, the importance of good taste, color and texture food must have. Perhaps, I should say, food in general was Dad's ~~hobby~~, later in life to be his livelihood. I must confess at this time; I may never be as dedicated, but I made my attempt by writing a cookbook. My cookbook expresses Dad's wonderful talent, which, I feel should be shared with many people who enjoy fine eating. I spent my life learning: "Everyone can cook, all it takes is time, cleverness and ingenuity. In my case, an Italian father with a strong "will" and a good "memory".

What we did? Dad would start creating a recipe by using his system of measurement. I would go behind him with a cup and spoons. This was a slow process, but well worth the time and effort. We went through this process for a good many recipes used in my cookbook. The rest of the recipes I created myself by

experimenting.

My reason for experimenting was my new husband's taste-buds. He isn't Italian and he's from Texas. I came up with some different dishes Dad wasn't accustomed to, but enjoyed. Getting Dad to admit he liked something new was a great accomplishment, I feel. Dad had to agree, I had a good teacher.

EXISTING COOKBOOK STUDY

Existing cookbook Study



I made a study of existing cookbooks. My main problem was, "what my study should consist of." After a visit to the library, I decided to use cookbooks with illustrations only. I knew my cookbook would have designs so I didn't see any point studying text cookbooks. My next step was to figure out what I was looking for in the existing cookbooks. After a complete search, I came up with the following form:

Title

Author

Illustrations by,

Publisher

Year

Pages

Main point   x   Design   x   layout   x   Illustration

Time Spent

How illustrations used

Front Cover

Back Cover

Content

Printing        One Color        Colors

Main part used for this survey

Explanation (if any)

       This book added to the survey



\_\_\_This book wasn't worth surveying

My survey consisted of many, many different cookbooks, so I decided to include, the books worthy of mentioning. The following books influenced me in some way to design my cookbook as I did.

Date: April 1965

STUDY OF EXISTING COOKBOOKS!

Title: "The Art of Fine Baking"

Author: Paula Peck

Illustrations by Grambs Miller

Publisher: Simon & Schuster, New York

Year: 1961

Pages: 320

Main Point      design x layout x Illustration

Time spent: One hour

How illustrations used? Contained very rough sketches.

Front cover: Over decorated cake, ready to fall over.

Back cover: Photo of Paula Peck.

Content recipes, lengthy directions, weights charts  
etc. Good book for information but not for design.

I would say this is a general information book only.

Printing X One color      colors.

Main part used for this survey - content of a cookbook  
not design by any means.

Explanation (if any)

It looks like Paula was a good writer but all her  
taste was in her mouth.

X This book added to the survey-- for text only.<sup>1</sup>

Date: April 1965

STUDY OF EXISTING COOKBOOKS"

Title: The Margaret Pudkin Pepperidge Farm Cook-book.

Author: Margaret Pudkin

Illustrations by Erik Blegood

Publisher: Atheneum, New York

Year - 1963

Pages - 595

Main point X Design X Layout X Illustration

Time spent - three hours well spent.

How illustrations used? To enhance subjects talked about.

Front cover - Modern design - symbolistic

Back Cover - Margaret Pudkin photograph.

Content - This cookbook was filled of good recipes, designs and illustrations. This book was very good and very interesting, not like a regular cookbook.

Printing    One color X colors 3 and 4.

Main part used for this survey abid.

Explanation (if any) this cookbook is self-explanatory.

X This book added to the survey - a great deal. <sup>2</sup>

Date: April 1965

STUDY OF EXISTING COOKBOOKS!

Title: The Breatfast Cookbook.

Author: Alan R. Jackson

Illustrations by John Alcorn

Publisher - Simon & Schuster, New York

Year - 1959

Pages - 150

Main point X Design X Layout X Illustration

Time spent - 1-1/2 hours.

How illustrations used? Line drawings of Stylistic fish, turtles, dishes, nature, fruit, eggs, and spices.

Front cover - Very pleasing - colorful chicken, sitting in an egg holder.

Back cover - Black lined drawing with water color wash (pink, yellow, orange and red)

Content - Short - brief recipes.

Printing \_\_\_ one color X colors.

Main part used for this survey - Short brief steps for directions.

X This book added to the survey--yes, short steps-main feature of my cookbook. 3

Date: April 1965

STUDY OF EXISTING COOKBOOKS!

Title: Old Warsaw Cookbook.

Author: Rysia

Illustrations by Rysia

Publisher - Roy Publisher - A. W.

Year - 1958

Pages - 304

Main Point \_\_\_ design \_\_\_ layout x illustrations

Time spent - 1-1/2 hours

How illustrations used

Front cover - Conventional

Back Cover - Same

Content - sketchy drawings and a variety of recipes.

Printing x one color \_\_\_ colors

Main part used for this survey - many pages with illustrations.

x This book added to the survey--illustrations of great interest.<sup>4</sup>

Date: April 1965

STUDY OF EXISTING COOKBOOKS!

Title: European Cooking

Author: Wizata Publishers

Illustrations by --not given

Publisher--Sweden by Wizata Gateboy

Year - 1962

Pages - 176

Main Point Photographs

Time Spent - 1/2 hours.

How illustrations used? Sounded by write space.

Front cover - Conventional

Back cover - Conventional

Content Design - Layout white space - lengthy directions  
recipes from different countries.

Printing \_\_\_one color\_x colors

Main part used for this survey - element of white space.

Explanation (if any) This book pointed out what I  
didn't want in my cookbook.

X This book added to the survey - what I should do.<sup>5</sup>

Date: April 1965

STUDY OF EXISTING COOKBOOKS!

Title: Future A la Carte

Author: Theresa A. Morse

Illustrations by Ruth Sheetz

Publisher - Van Rus Press New York

Year - 1955

Pages - Several--102

Main Point - 20 minutes

How illustrations used - sketchy

Front cover - simple

Back cover - Photograph

Content - Story form

Printing X one color\_\_\_

Main part used for this survey--page layout

x This book added to the survey page layout, only.<sup>6</sup>



Date: March 1965

STUDY OF EXISTING COOKBOOKS!

Title: Brides Cookbook

Author: Popp Cannon

Illustrations by --Byron Goto

Publisher Henry Holt and Company, New York

Year - 1954

Pages - 400

Main point \_\_\_ design x layout \_\_\_ illustration

Time spent - 1/2 hour.

How illustration used? For style only one illustration.

Front cover - modern

Back cover - Photograph of the author

Content - variety

Printing x one color \_\_\_ colors

Main part used for this survey --one illustration

x This cookbook added to the survey--Title page.<sup>7</sup>



Date: March 1965

STUDY OF EXISTING COOKBOOKS!

Title: Around the World in 80 Dishes.

Author: Lesley Blanch

Illustrations by - Author

Publisher - Harpers & Brother, New York

Year - 1955

Pages - 172

Main Point X design \_\_\_Layout\_\_\_Illustration.

Time spent - 1/2 hour.

Front cover - Plain and simple

Back cover - photograph

Content - variety

Printing x one color \_\_\_colors

Main part used for this survey - design.

x This book added to the survey --design element.<sup>8</sup>

Date: May 1965

STUDY OF EXISTING COOKBOOKS!

Title: GLAMOR MAGAZINE "New After Five Cookbook."

Author: Beverly Pepper

Illustrations by - Author

Publisher - Doubleday & Company, Garden City, N. Y.

Year - 1965

Pages - 250

Main point x design x layout x illustration

Time spent - 1 hour.

How illustrations used? Sketchy

Front cover - Modern Stylistic

Back Cover - Photograph

Content - Variety

Printing x one color    colors

Main part used for this survey - design layout  
illustrations.

x This book added to the survey - yes because of  
design elements.<sup>9</sup>

Date: June 1965

STUDY OF EXISTING COOKBOOKS!

Title: Wild Plums in Brandy.

Author: Sylvia Boorman

Illustrations by - R. T. Lambert

Publisher - McGraw-Hill Company of Canada Ltd. Toronto

Year - 1962

Pages - 180

Main Point x design x layout x illustration

Time spent - 3 hours

How illustrations used? Very creative, pleasing

Front cover - very creative

Back cover - photograph

Content - Brief history of fruit, vegetables or animal recipes.

Printing x one color\_\_ colors

Main parts used for this survey -design, layout and illustrations.

Explanation (if any) I feel this is one of the best books I have ever seen or studied.

x This book added to the survey--a great deal because I used several ideas.<sup>10</sup>

Date: August 1965

STUDY OF EXISTING COOKBOOKS

Title: Esquire Cookbook.

Author: Esquire Editor's

Illustrations by: Arnold Gingrich and Charmatz

Publisher - Crown Publishers, Inc., N. Y.

Year - 1954

Pages - 322

Main Point x Design x Layout x Illustration

Time Spent - 3 hours

How illustrations used? Very clever - creative-

Front Cover - Unusual and Creative

Back Cover - Unusual and Creative

Content - Variety

Printing - \_\_\_ One Color x Colors

Main part used for this survey- design, layout and illustrations

Explanation ( if any) Influenced my thinking for my cook book changes.

X This book added to my survey a great deal.<sup>11</sup>

Date: September 1965

STUDY OF EXISTING COOKBOOK

Title: "The Dinner Party Cookbook"

Author: By the Sunset Editorial Staff

Illustrations by: William S. Shields

Publisher - Lane Book Company

Year - 1962

Pages - 231

Main Point x design x layout x illustration x photographs

Time spent - 4 hours.

How illustrations used? Clever, creative etc.

Front Cover - Creative - great!

Back Cover - Color pattern

Content - Variety

Printing     one color x colors - Gold and Black

Main part used for this survey--design, layout, illustration and format.

Explanation (if any) Influenced my thinking for my cookbook changes.

X This book added to my survey a great deal.<sup>12</sup>

Date: March 1965  
May 1965  
Oct. 1965

STUDY OF EXISTING COOKBOOKS

Title: Favorite Recipes

Author: Marge Dahnke's file

Illustrations by -

Publisher - Kraft-Phenix Cheese Corporation

Year - 1932

Pages - 48

Main point      design x layout      illustration

Time spent - 1 hour

Front cover - Design Plates

Back Cover - Same

Content - Whole meals

Printing -      One Color x Colors

Main part used for this survey - size of book (3 x 5 cards)

X This book added to my survey --Influenced the size of my  
cookbook.<sup>13</sup>

PAPER STUDY

Paper Study



I experimented in different paper stocks, they are as follows:

Light bristle board	20-lb.	aqua	}	Rejected
"	"	"		
"	"	"		
		tan	}	
		white		

Clay coated - 20-lb. white

Bond paper - 10-lb. white

" " 20-lb. white

Linweave Textra 160-lb. associated colors

Linweave Textra 30-lb. associated colors

Linweave Milano - 160-lb. associated colors

Linweave Spectra 75-lb. associated colors

These are just a few types of paper but consist of many textures.


I made this study, only to have a printer tell me I should not attempt to print on anything but 20-lb bond. He said I was a beginner and I would have to hand feed the offset press. I took his advice and used 20-lb bond (white) for my printing of the cookbook.

BRISTLE BOARD 20-1b. (AQUA)

BRISTLE BOARD 20-1b. (TAN)

BRISTLE BOARD 20-1b. (WHITE)

CLAY COATED 20 lb. (WHITE)



LINWEAVE TEXTRA - *Juniper* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Juniper-Tone* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Amber* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Amber-Tone* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Tangera* - 26 x 40 - 160 (320M)

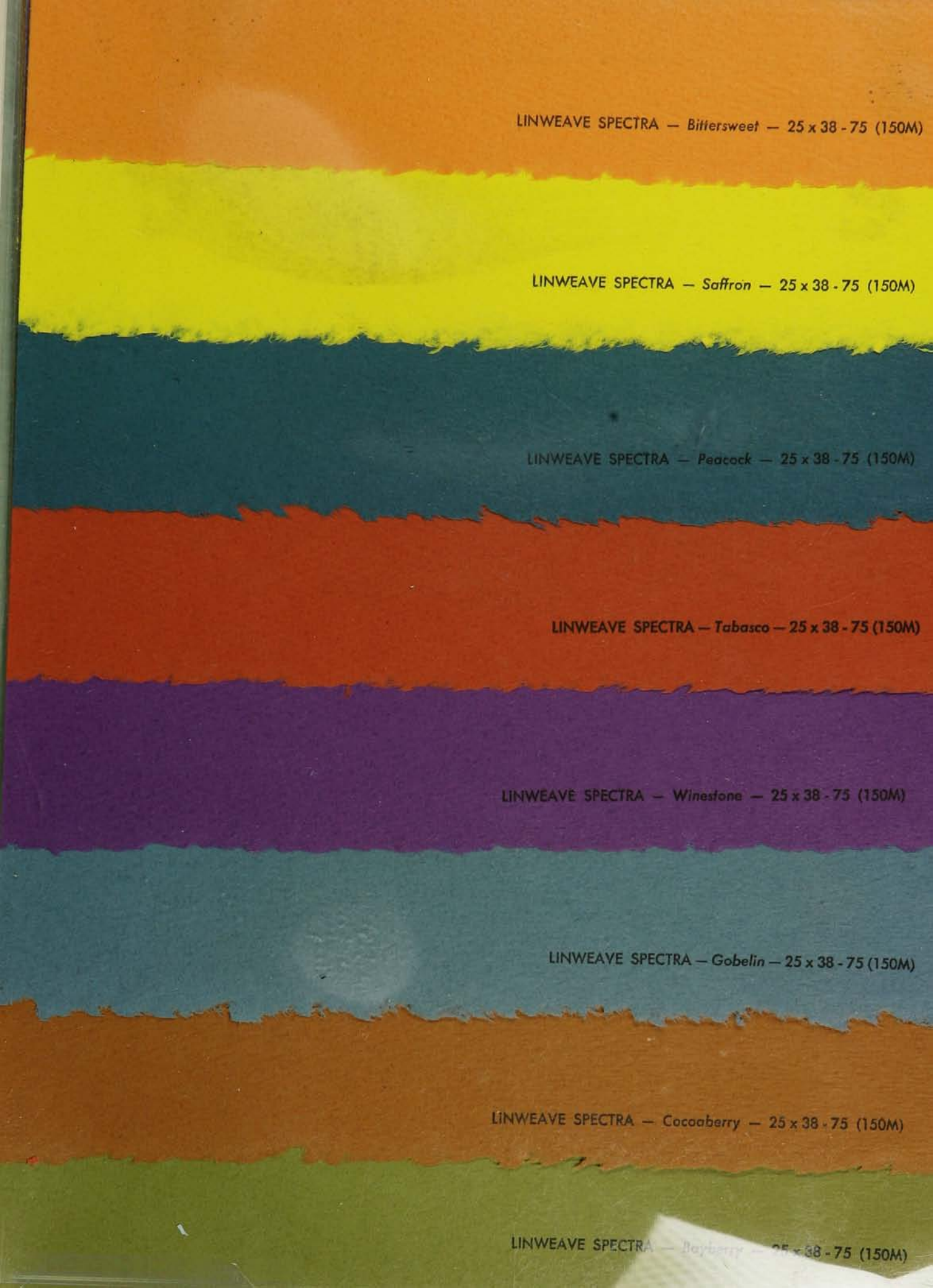
LINWEAVE TEXTRA - *Tangera* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Colonial* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Dusk-Tone* - 26 x 40 - 160 (320M)

LINWEAVE TEXTRA - *Dusk* - 26 x 40 - 160 (320M)





LINWEAVE SPECTRA — *Bittersweet* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Saffron* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Peacock* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Tabasco* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Winstone* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Gobelin* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Cocoaberry* — 25 x 38 - 75 (150M)

LINWEAVE SPECTRA — *Bayberry* — 25 x 38 - 75 (150M)

LINWEAVE TEXTRA — White — 25 x 38 - 75 (150M)

LINWEAVE MILANO — Aqua — 26 x 40 - 160 (320M)

LINWEAVE MILANO — Spice — 26 x 40 - 160 (320M)

LINWEAVE MILANO — Citron — 26 x 40 - 160 (320M)

LINWEAVE MILANO — Woodash — 26 x 40 - 160 (320M)

CONTEMPORARY SYMBOL DESIGN

Contemporary Symbol Design

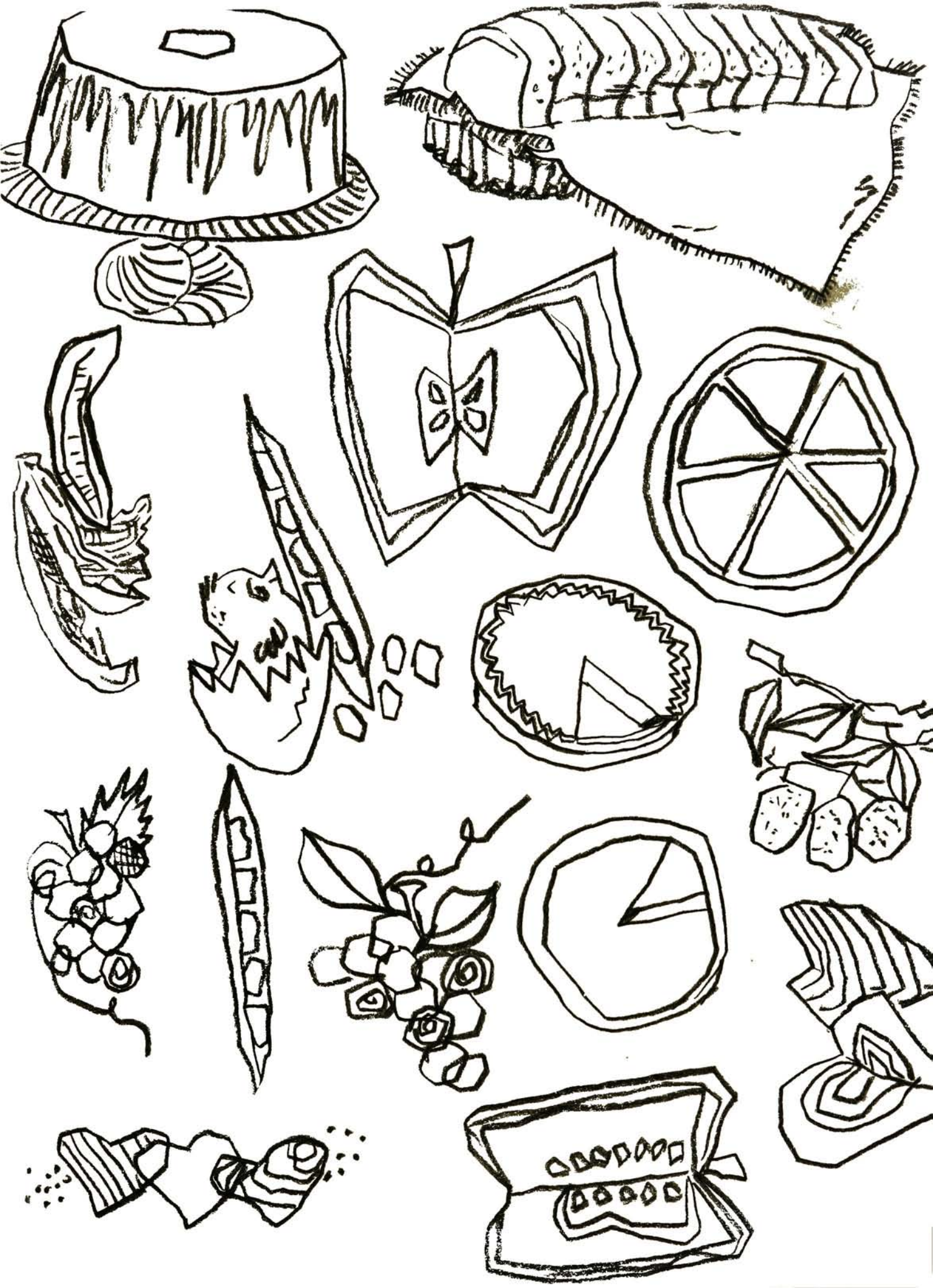


I started to creat symbols for my division headings and finally produced good symbolistic designs. From my first sketches I selected several good sketches, reduced and enlarged them. For the layouts of pages of my cookbook I allowed 2-1/8 inches for drawings. I found some drawings were easier to do larger and some smaller. This is why I feel the offset press with the photo direct process helped me immensley. This process saved time and money because photo direct eliminated photostats. The offset copies with some minor changes became my comps. Final drawings were put directly on to the mechanicals so it eliminated extra drawings.



SKETCHES  
OLD & NEW

Old



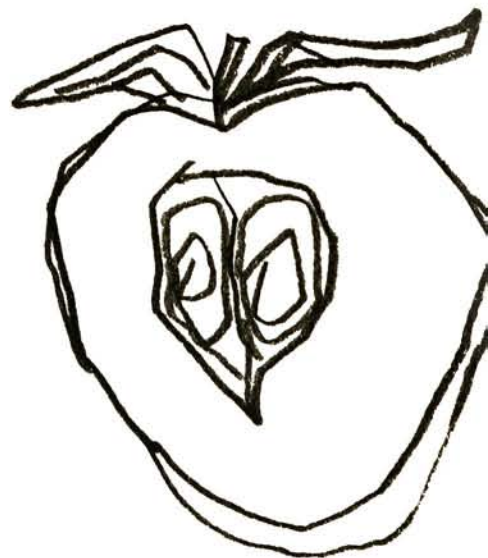
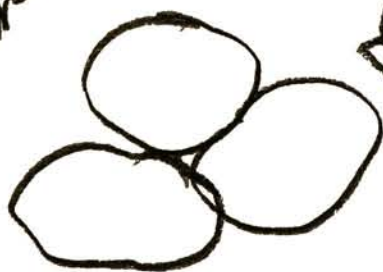
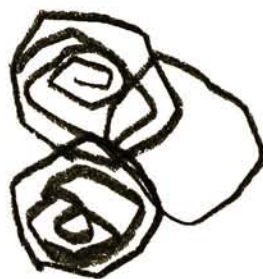
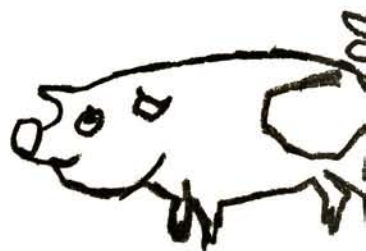
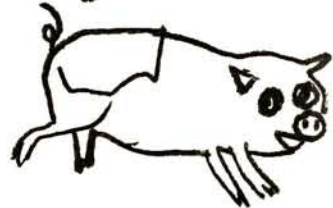
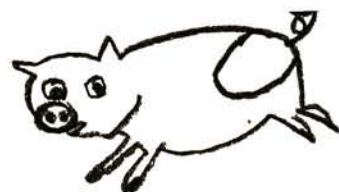
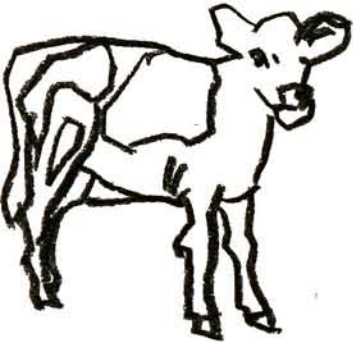












**New**







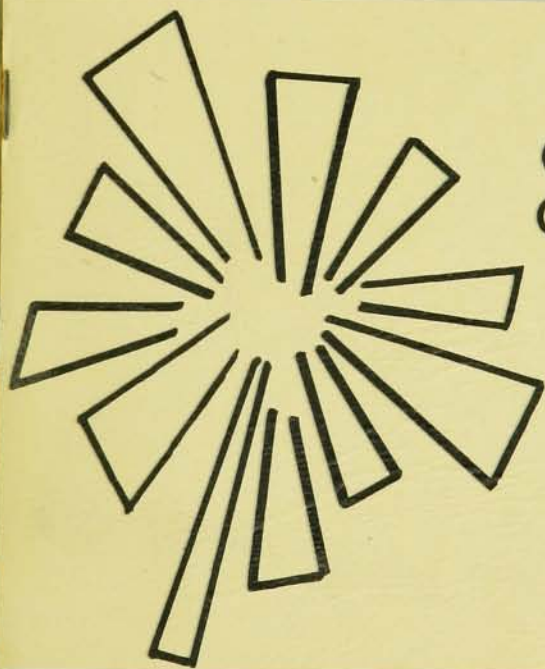
FINISHED BOOKLET  
(REJECT)

old

FINISHED PROJECT

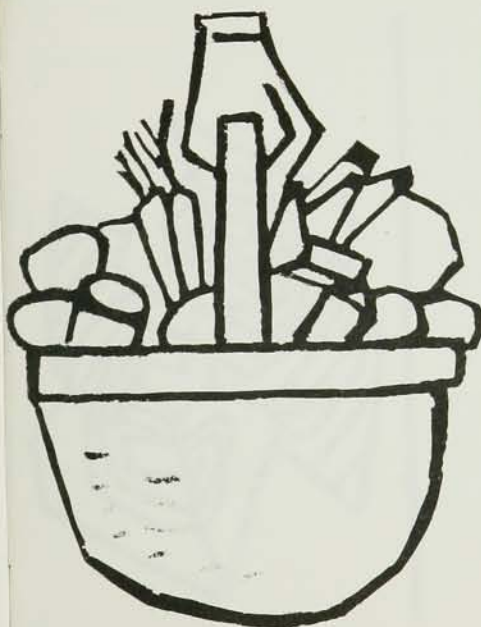
Finished project

ROCHESTER INSTITUTE OF TECHNOLOGY LIBRARY



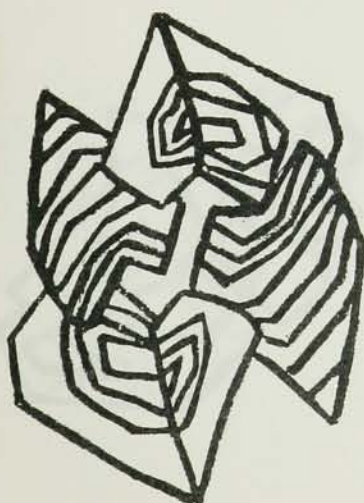
CREATIVE  
COOKING

BY  
JO ANN  
GIRTON



# CREATIVE COOKING

BY  
JO ANN  
GIRTON



TO DANNY

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## BEEF SOUP

3 lbs. of meat with bones  
2 qts. of water  
3 carrots  
2 potatoes  
2 onions  
1 pepper  
1 tomato  
2 stalks of celery  
2 cups of rice cooked  
salt and pepper

## STEPS

1. cook meat and water for  $2\frac{1}{2}$  hours
2. add all ingredients except rice  
cook  $\frac{1}{2}$  hour
3. add rice cook ten minutes



## SOUPS



2 1/2 hours  
except rice

## SOUPS

4

### CHICKEN SOUP

- 1 fowl 5 lbs.
- 2 1/2 qts. of water
- 3 carrots
- 1 onion
- 1 can of tomatoes
- 2 potatoes
- 2 cups of rice or noodles cooked

### STEPS

1. cook chicken in water for 2 hours
2. add all ingredients except rice or noodles cook 1/2 hour
3. add rice or noodles cook 5 minutes



## HOME MADE LASAGNE

2 cups flour  
2 large eggs  
2 tablespoons water  
 $\frac{1}{2}$  teas. salt

## STEPS

1. Mix
2. roll out and cut 2" wide strips and 6" long
3. cook a few at a time for 5 minutes
4. read on



## MAIN DISHES



### OLD FASHIONED LASAGNE



## MAIN DISHES

6

- 2 cans of tomato paste
- 1 can of tomatoes
- 1 lb. of ground beef
- 1 lb. of sausage
- 1 lb. ricotta
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{1}{2}$  grated Mazzarella cheese

#### STEPS

1. Add Italian seasonings
2. add ground beef, cook for 3 hours, low heat
3. mash ricotta with fork and add 1 egg, salt and pepper.
4. put cheese aside
5. start above recipe
6. put in layers and bake for 30 minutes 375 degrees



## RAVIOLI

4 cups flour

5 eggs

 $\frac{1}{2}$  teas. salt $\frac{1}{4}$  cup water

## STEPS

1. mix and roll out thin
2. Make your filling



## MAIN DISHES



## MAIN DISHES

8



### CHEESE

2 lbs. ricotta

3 eggs

parsley

$\frac{1}{4}$  cup grated cheese

### STEPS

1. mix ricotta with a fork

2. add ingredienbs beat

### MEAT

2 lbs. ground mixed meat

$\frac{1}{4}$  cup grated cheese

2 eggs

$\frac{1}{2}$  cup bead breadcrumbs

### STEPS

1. mix

2. add seasonings if desired

## BEEF WITH MUSHROOMS

2 lbs. ground beef  
6 tablespoons butter  
salt and pepper  
 $\frac{1}{2}$  lb mushrooms, chopped  
1 onion chopped  
1 cup sherry

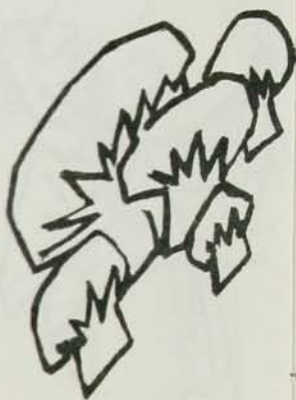
## STEPS

1. combine in a frying pan for ten minutes
2. bake for  $\frac{1}{2}$  hour in a 375 degree oven





## MAIN DISHES



for ten

degree

## MAIN DISHES

10



### MEAT BALLS

- 2 lbs. ground beef
- 3 eggs
- $\frac{1}{2}$  cup breadcrumbs
- $\frac{1}{4}$  cup grated Romano cheese
- basil
- 1 tablespoon chopped onion
- parsley
- 1 cup tomato sauce

### STEPS

1. combine all ingredients, mix
2. shape into balls and fry

## BREADED VEAL CUTLETS

- 1 lb. veal cutlets
- 1 cup bread crumbs
- 1 egg
- 1 small onion, chopped
- salt and pepper

## STEPS

1. dip cutlets in egg than bread crumbs
2. fry til cooked then add one can of tomatoes
3. bake 375 degrees for 29 minutes



## MAIN DISHES



read crumbs  
ne can of  
minutes

## MAIN DISHES

12



### PEAS AND EGGS

3 tablespoons of oil  
4 slices bacon  
2 boxes frozen peas  
 $\frac{1}{2}$  teas. salt  
 $\frac{1}{4}$  teas. pepper  
4 eggs

### STEPS

1. cook all ingredients except eggs for  $\frac{1}{2}$  hour.
2. break eggs on top of peas and cook with cover for 3 minutes.

## BARBECUED CHICKEN

3 chicken halves

 $\frac{1}{4}$  cup vinegar

1 teas. worcestershire sauce

 $\frac{1}{2}$  teas. onion

1 clove garlic

 $\frac{3}{4}$  teas. salt $\frac{1}{4}$  teas. paprika $\frac{1}{2}$  cup catsup catsup $\frac{1}{2}$  teas. dry mustard

## STEPS

1. add all ingredients and mix
2. pour over chicken bake 375 degrees for 1 hour

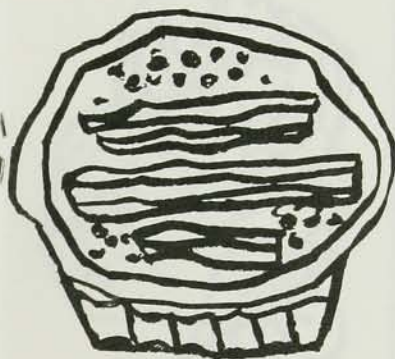


## MAIN DISHES



## MAIN DISHES

14



### BAKE BEANS

1 qt. beans  
1 teas. salt  
1 teas. ginger  
 $\frac{1}{2}$  lb. side pork  
1 teas. soda  
1 teas. mustard  
6 teas. molasses

### STEPS

1. Soak beans in water over night
2. add fresh water and ingredients  
cook for 4 or 5 hours
3. bake 375 degrees for 1 hour

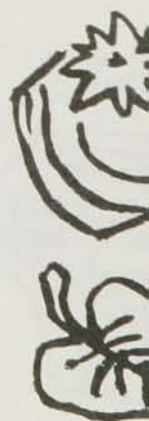


## TOMATO SAUCES

2 cans of tomato paste  
1 can of tomato puree  
1 onion  
1 clove of garlic  
pinch of parsley  
pinch of basil  
pinch of oregano  
pinch of celery salt  
2 teas. of oil  
6 cups of water  
salt and pepper

## STEPS

1. fry oil, onion and garlic in a pan
2. add ingredients
3. cook for 3 hours low heat



## SAUCES



in a pan

## SAUCES

16



### PLAIN TOMATO SAUCE

- 2 cans of tomato paste
- 1 can of tomato puree
- 1 onion
- 1 clove of garlic
- 6 cups of water
- 2 teas. of oil
- salt and pepper

### STEPS

1. fry oil, onion and garlic in a pan
2. add ingredients
3. cook 3 hours

## BROWN BREAD

1 cup graham flour  
1 cup white flour  
 $\frac{3}{4}$  cup sugar  
1 tablespoon butter  
1 teaspoon soda  
1 cup sour milk  
1 egg

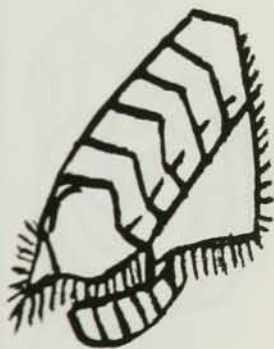
## STEPS

1. combine all ingredients beat
2. bake 350 for 1 hour





## BREAD



## BREAD

18

### BANANA BREAD

- 2 eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup shortening
- 3 tablespoons cream or milk
- 2 bananas (mashed)
- 1 teaspoon soda
- 2 teaspoons baking powder
- 2 cups flour
- 1 teaspoon vanilla

### STEPS

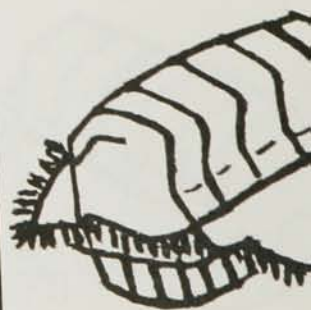
- 1 combine all ingredients beat
- 2 bake in 350 degree oven for 40 minutes

## BREAD

1½ qt. of water	4 ozs. sugar
½ qt. milk	1½ ozs. of salt
4 ozs. shortening	7 lbs. flour
1 yeast cake (household)	

## STEPS

1. Use a large bowl
2. Melt yeast in water
3. Add shortening, sugar salt, milk-mix
4. Add flour-mix well
5. Let rise twice and shape into loaves
6. Bake 375 degrees for ½ hour or longer



## BREAD

1/2 oz. sugar  
1/2 oz. of salt  
1/2 oz. flour

1/2 oz. salt, milk-mix  
shape into loaves  
1/2 hour or longer



## ROLLS

20



### ROLLS

1 qt. water  
1 qt. milk  
2 eggs  
1 oz. of sugar  
1 oz. of shortening  
1 household yeast  
7 lbs. flour

### STEPS

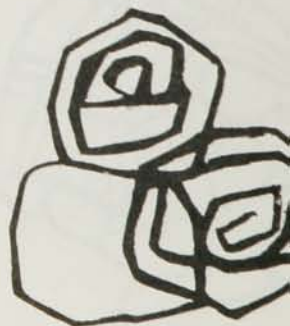
1. same as bread steps
2. do not bake as long as bread

## CHOCOLATE COOKIES

2 eggs  
2 cups brown sugar  
1 cup shortening  
1 cup milk  
1 teas. soda  
2 teas. baking powder  
1 teas. vanilla  
 $\frac{1}{4}$  teas. salt  
 $2\frac{1}{2}$  cups flour  
6 tablespoons cocoa

## STEPS

1. add ingredients and mix
2. bake 375 degrees for 10 minutes



## COOKIES



mix  
or 10 minutes

## COOKIES

22



### CLOVE SUGAR COOKIES

- 2 cups sugar
- 1 cup butter
- 3 teas. baking powder
- $\frac{1}{2}$  teas. cloves
- 3 eggs
- 6 teas. milk
- $\frac{1}{2}$  teas. nutmeg
- 3 cups flour

### STEPS

1. mix all ingredients
2. bake 375 degrees for 10 minutes



## VESCOTA

- 1 cup milk
- 4 cups flour
- 5 eggs
- $\frac{1}{2}$  cup butter
- 1 cup sugar
- 2 tablespoons baking powder

## STEPS

1. add all ingredients
2. mix and add more flour if needed
3. bake 375 degrees for 10 minutes





## COOKIES



powder

flour if

for 10 minutes

## COOKIES

24



### SUGAR COOKIES

- 1 cup butter
- 1 cup sugar
- 3 eggs
- $\frac{1}{2}$  teas. soda
- $\frac{1}{2}$  cup warm water

### STEPS

1. add all ingredients and mix
2. add enough flour to roll
3. bake 375 degrees for 10 minutes

## CAKES

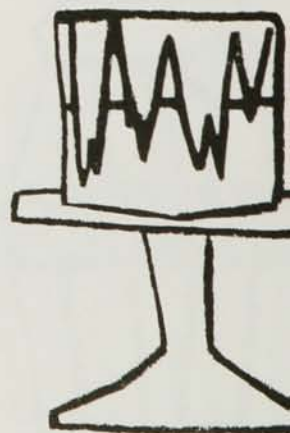
$\frac{1}{2}$  cup boiling water  
1 teas. soda  
 $\frac{1}{2}$  teas. salt  
 $1\frac{1}{2}$  cups of sugar  
2 cups of flour  
1 teas. baking powder  
 $\frac{1}{2}$  cup of shortening  
2 eggs  
 $\frac{3}{4}$  cup of milk

$\frac{1}{2}$  cup of cocoa  
 $1\frac{1}{2}$  teas. of vanilla

### STEPS

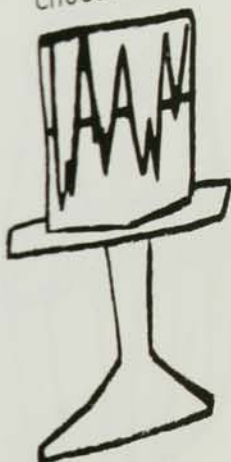
1. add water to cocoa mix
2. sift dry ingredients mix rest of ingredients slowly
3. bake in the oven at 375 degrees for 49 minutes

### CHOCOLATE CAKE



## CAKES

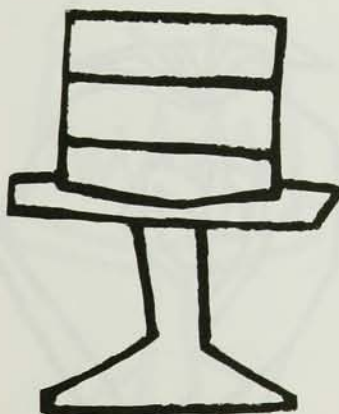
CHOCOLATE CAKE



ix  
mix rest of  
375 degrees

## CAKES

26



### BANANA CAKE

- $\frac{1}{2}$  cup butter
- $1\frac{1}{2}$  cups sugar
- 2 eggs
- $\frac{1}{2}$  teas. salt
- 1 teas. baking powder
- 4 tbs. sour milk
- 1 teas. soda
- 1 cup banana pulp
- 1 cup chopped nuts
- $1\frac{3}{4}$  cups flour

### STEPS

1. cream butter and sugar
2. sift dry ingredients
3. add rest of ingredients mix
4. bake 375 degrees for 40 minutes

1 cup sugar  
½ cup shortening  
1 egg  
1 teas. cinnamon  
½ teas. allspice  
½ cup cold water  
1 teas. soda in the water  
1½ cups flour  
½ teas. nutmeg  
pinch of salt  
1 cup diced raw apples

## STEPS

1. sift dry ingredients
2. add rest of the ingredients
3. if desired add raisins, currants, dates figs or nuts
4. bake 375 degrees for 45 minutes

## FRESH APPLE CAKE



## CAKES

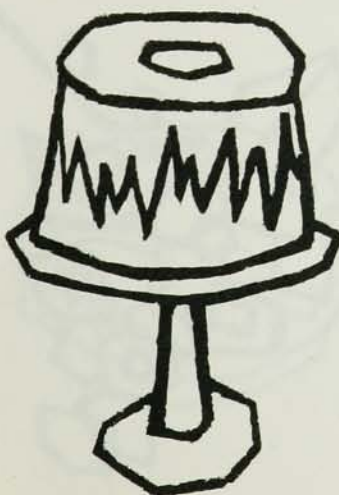
### FRESH APPLE CAKE



redients  
s, currants,  
45 minutes

## CAKES

28



### SPONGE CAKE

- ½ teas. salt
- 1¼ cups flour
- 2 teas. baking powder
- 2 eggs
- 1 cup sugar
- 1 teas. lemon juice

### STEPS

1. beat eggs
2. add sugar in small amounts
3. add dry ingredients
4. bake 350 degrees for 45 minutes



## GARDEN HUCKLEBERRIES

Fill can with berries add syrup made with 1 to 1½ cups sugar (according to taste) 1 cup water boil 3 minutes.

Pour over berries and cook in hot water bath 40 minutes

## PIE FILLING

Just pour in pie shell and cover with pie crust.



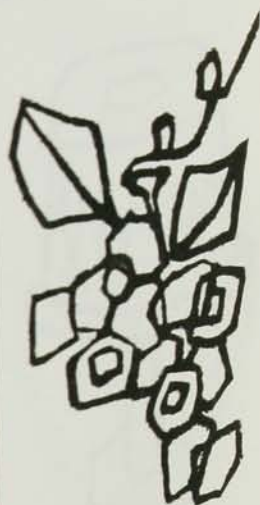


## PIE FILLING

ES

syrup made  
according to  
minutes.  
ok in hot

d cover with



## PIE CRUST

30

### PIE CRUST

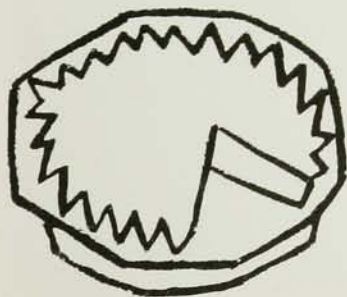
2 cups of flour

1 cup of lard

$\frac{1}{2}$  teas. salt

### STEPS

1. add enough water to make a workable dough and roll out
2. place in a pie dish add fruit
3. bake 375 degrees for 40 minutes



4

## SOUPS

## CHICKEN SOUP

- 1 fowl 5 lbs.
- 2½ qts. of water
- 3 carrots
- 1 onion
- 1 can of tomatoes
- 2 potatoes
- 2 cups of rice or noodles cooked

## STEPS

1. cook chicken in water for 2 hours
2. add all ingredients except rice or noodles cook ½ hour
3. add rice or noodles cook 5 minutes



## COOKIES

23

## VESCOTA

- 1 cup milk
- 4 cups flour
- 5 eggs
- ½ cup butter
- 1 cup sugar
- 2 tablespoons baking powder

## STEPS

1. add all ingredients
2. mix and add more flour if needed
3. bake 375 degrees for 10 minutes

3

## SOUPS

## BEEF SOUP

- 3 lbs. of meat with bones
- 2 qts. of water
- 3 carrots
- 2 potatoes
- 2 onions
- 1 pepper
- 1 tomato
- 2 stalks of celery
- 2 cups of rice cooked
- salt and pepper

## STEPS

1. cook meat and water for 2½ hours
2. add all ingredients except rice
3. cook ½ hour
4. add rice cook ten minutes



## COOKIES

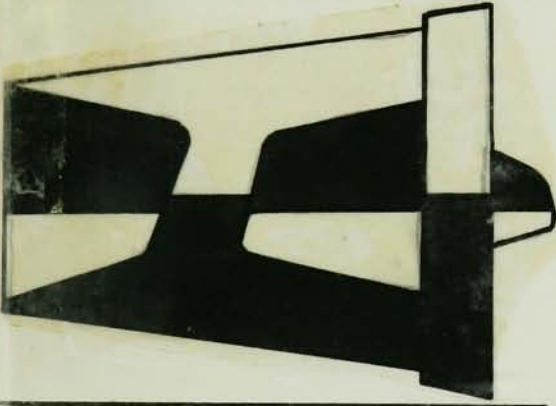
24

## SUGAR COOKIES

- 1 cup butter
- 1 cup sugar
- 3 eggs
- ½ teas. soda
- ½ cup warm water

## STEPS

1. add all ingredients and mix
2. add enough flour to roll
3. bake 375 degrees for 10 minutes





22

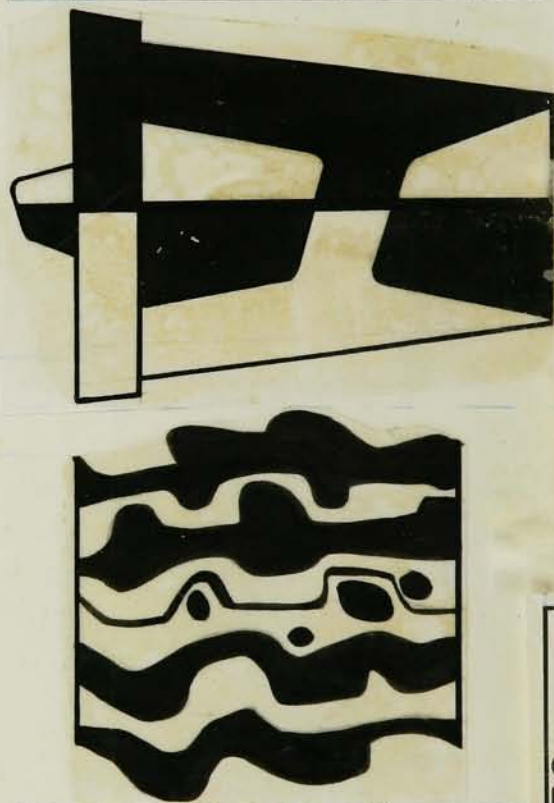
# COOKIES

## CLOVE SUGAR COOKIES

- 2 cups sugar
- 1 cup butter
- 3 teas. baking powder
- ½ teas. cloves
- 3 eggs
- 6 teas. milk
- ½ teas. nutmeg
- 3 cups flour

### STEPS

1. mix all ingredients
2. bake 375 degrees for 10 minutes



## HOME MADE LASAGNE

- 2 cups flour
- 2 large eggs
- 2 tablespoons water
- ½ teas. salt

### STEPS

1. Mix
2. roll out and cut 2" wide strips and 6" long
3. cook a few at a time for 5 minutes
4. read on

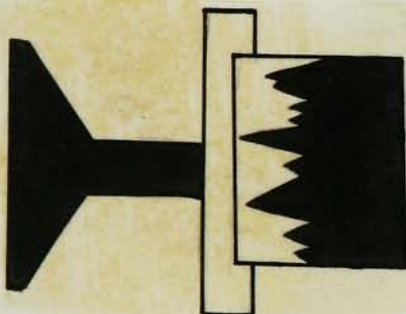
# CAKES

## CHOCOLATE CAKE

- ½ cup boiling water
- 1 teas. soda
- ½ teas. salt
- 1½ cups of sugar
- 2 cups of flour
- 1 teas. baking powder
- ½ cup of shortening
- 2 eggs
- ¾ cup of milk
- ½ cup of cocoa
- 1½ teas. of vanilla

### STEPS

1. add water to cocoa mix
2. sift dry ingredients mix rest of ingredients slowly
3. bake in the oven at 375 degrees for 49 minutes



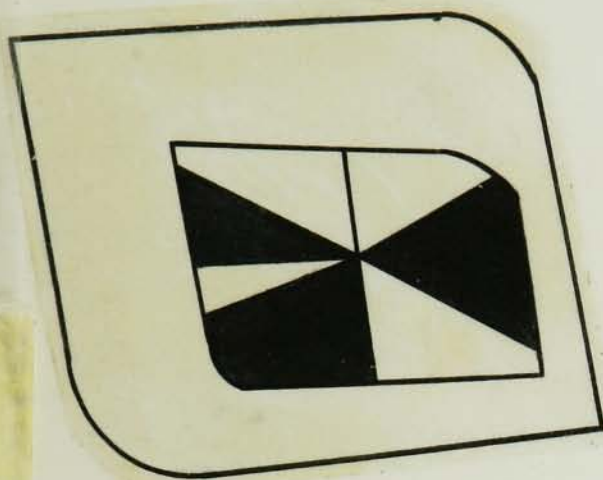
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CREATIVE  
COOKING

BY  
JO ANN  
GIRTON



## PIE CRUST

2 cups of flour  
1 cup of lard  
 $\frac{1}{2}$  teas. salt

## STEPS

1. add enough water to make a workable dough and roll out
2. place in a pie dish add fruit
3. bake 375 degrees for 40 minutes

